ASHHURST SCHOOL
EKE TAUMATA

NEWSLETTER | Term 3 | Week 3

Kia ora e te whānau,

It is already Week 3 of the term, and it has been jam packed full of goodness! Students, staff, and whānau have settled back into routines and tamariki are engaging enthusiastically in their learning each day. We have a busy few weeks ahead with some exciting opportunities for connection, celebration, and growth. In this week's pānui, you'll find key updates, reminders, and information about upcoming events. We have our Parent Teacher Conferences on Thursday 28th August from 2:25-8:00pm. Bookings will open up on Hero next week. We have our Keeping Ourselves Safe unit starting next week for our Ruahine and Tararua teams, a programme delivered by our local community police officer Sarah Cree. We have Horizons in school this week working with Tararua around their science focused CI unit 'Kaitiakitanga'. We have our Elite Sport Football team competing next Tuesday. They have had trials and have been training hard for this event.

It really is a great time to be a student at Ashhurst School!

RUAHINE GYMNASTICS and KAPA HAKA

This term, the Ruahine team are participating in Gymnastics activities. Each class will do four sessions of Gymnastics. The focus during these sessions is learning about landings, balance, rotations and spring. Check out some of our awesome gymnastics photos. We are so very lucky in the Ruahine team to start learning kapa haka. During this time we will be learning a variety of waiata. Last week, Pā Damian and his whānau worked with us. We loved our kapa haka time and are very grateful for the opportunity.















LAMB and CALF DAY

We're excited to announce that Lamb and Calf Day will be held on Friday 24th October. Registrations are now open via Kindo, with a small $3.50 fee, which goes directly to the Manawatū Oroua Boys and Girls Ag Club.

Once registered, your child will receive an information pack containing helpful tips and everything they need to know for a successful day.

🐄 Calf Entries

Calving dates: Must be born between 1st July and 15th

September. Each student may exhibit one calf only. Dairy or beef calves of any breed or grade are accepted.
Students may keep a diary about their animal.
Calves will be judged in:
Leading
Care and Attention
Type (optional)
All calves must have a NAIT tag in their ear to participate.
Event NAIT Number: 12972593



🐑 Lamb Entries
Lambing dates: Must be born between 1st July and 15th September. Each student may exhibit one lamb only.
Students may keep a diary about their animal.
Lambs will be judged in:
Leading
Care and Attention
Calling
Please do not wash your lamb prior to the event.



Classes
Junior: Years 1–4
Senior: Years 5–8
We're looking forward to another fantastic Lamb and Calf Day filled with learning, fun, and community spirit.

Once you register for the event we will send out additional information.

BASKETBALL FINALS

Good luck to the following teams who are playing their finals this week.

ABSENCES

Please remember to phone or email the school if your child is absent. If we have no contact from a parent or caregiver, and we and we are not given a reason for absence, we have to mark it as truant.

If you know your child will be away in the future, please let the office staff know and it can be marked down as a future absence.

YUMMY STICKERS

Please remember to keep collecting yummy stickers. These help us buy PE equipment at the end of the year. If you would like a sticker sheet please call into the Office for one.

OUT OF ZONE BALLOT



The board of Trustees invites applications from parents who wish to enrol their children at Ashhurst School in Term 4 2025. Enrolments at Ashhurst School are governed by an enrolment scheme, details of which are available from the school office or the school website. Applications are available on the Ashhurst School website: www.ashhurst.school.nz click on Enrolment. Please fill in both the enrolment form and the out-of-zone application form. The deadline for receipt of applications, for out of zone places is 3.00pm on Friday 15th August 2025. The exact number of places for out of zone students will depend on the number of applicants from students who live within the school's home zone. If the number of out of zone applications exceeds the number of places available, students will be selected by ballot. If a ballot is required, it will be held on Monday 18th August 2025 . Parents will be informed of the outcome of their applications by 3.00pm Tuesday 19th August 2025.
Further to this, the ballot for Term 4 has 10 available spaces for Year 1, 4, 5, and 6.

KI-o-RAHI - Year 7/8

On Friday last week, our Year 7/8 Ki-o-Rahi teams competed in a tournament with some good results. Pā Reece's team went through to the semi finals with strong wins against Monrad, Pahiatua, and Huia Range. They eventually lost in a very close game against Mana Tamariki 14-15.
Pā James' team performed really well also, however lost to Mana Tamariki, and Monrad, but the ended with a solid win to finish off pool play.



Big thanks to Reece, James, Mike and his Kelly Club team for coaching and umpiring at the tournament.





SANITARY PRODUCTS

We have bags of free sanitary products available for our school whānau & friends. We have plenty of bags so please call into the office and collect a bag or two.

NORTHERN CLUSTER ARTS FESTIVAL

Later this term, we have our two Dance NZMade crews sharing their routines for the rest of our cluster. Miss Grace has been working incredibly hard to get these routines polished and ready to perform. It is such an exciting event to be a part of! More information to come...





Ashhurst School Term Dates

	Start / Finish	Key Dates
Term 1	Thursday 30 Jan - Friday 11 Apr	* Waitangi Day - Tuesday 5th Feb * Easter and ANZAC Day are in the School Holidays
Term 2	Monday 28 Apr - Friday 27 Jun	* King's Birthday - Monday 2 June * Matariki - Friday 20 June
Term 3	Monday 14 Jul - Friday 19 Sep	
Term 4	Monday 6 Oct - Friday 12 Dec	* Labour Day - Monday 27 Oct

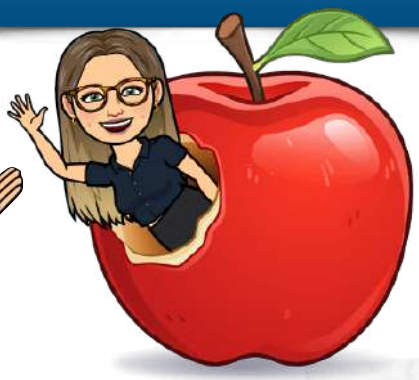


SCHOOL LUNCHES

Monday / Wednesday / Friday - Ashhurst Dairy
Thursday - Subway

Please use the Kindo app to order your child's lunch









Ashhurst School Calendar & Term Dates 2025

Term 3

Monday 14th July - Friday 19th September

Friday 25th July | Teacher Only Day
18th - 22nd August | Tui Ridge Camp Year 7/8
28th August - Parent Teacher Conferences 2:15-8:00pm
Ist - 5th September | NZAIMS Games
Thursday 11th September | Ashhurst School Speech Finals









AIMS GAMES

Zespri™ KIWIFRUIT

Skill based anxiety reduction programme for school aged children

- 8 week course. One hour per session. One session per week.
- Parents attend alongside child. Parents learn theory and reasoning behind the strategies children are learning.
- Practical strategies are taught by the child programme facilitator.
- Based on Acceptance Commitment Therapy, Cognitive Behavioural Therapy and Self Compassion models.
- Children learn skills in mindfulness, relaxation, self compassion and problem solving.
- Adults learn about identifying and managing sensory issues, thinking errors and social difficulties.

School Based Option
Age group 8- 11yrs or Based in the Community

- School choose students to attend – up to 8 per group.
- Children and parents received Project CALM Programme on school site after school.
- For registration of interest in hosting a Project CALM course contact: Supporting Families, 06 3558561 christine@manawatusf.org.nz

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MANAWATU • HOROWHENUA • TARARUA

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LEVIN
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58 Bath Street

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06 374 8797
40 Denmark Street

www.manawatusf.org.nz

Supporting Families in Mental Illness

MANAWATU • HOROWHENUA • TARARUA

Project CALM

reaching out to those whose lives are affected by mental illness

out of the shadows into the sun
puta mai i te po, ki te whai ao ki te ao marauatanga

Project CALM

Whangaia Ka Tupu,
Ka puawai
What is nurtured will flourish

Anxiety is a functional and necessary human experience. We need a level of anxiety to prompt us to take action in preparation of upcoming events. For example, a level of anxiety about failing a test is useful to prompt a student to study for the test.

However, anxiety without effective action can become overwhelming. It





can have the effect of making people panic, become inactive, avoid tasks, withdraw from the world, or become physically ill. This level of anxiety is unhelpful.

CALM is an 8-week group delivery programme designed as an instructional teaching programme. CALM includes both basic information content and the teaching and practice of skills and strategies. CALM has been written with the intention of helping school aged children and their family/whānau to understand why some people become anxious, and to gain some strategies for dealing with unhelpful anxiety.

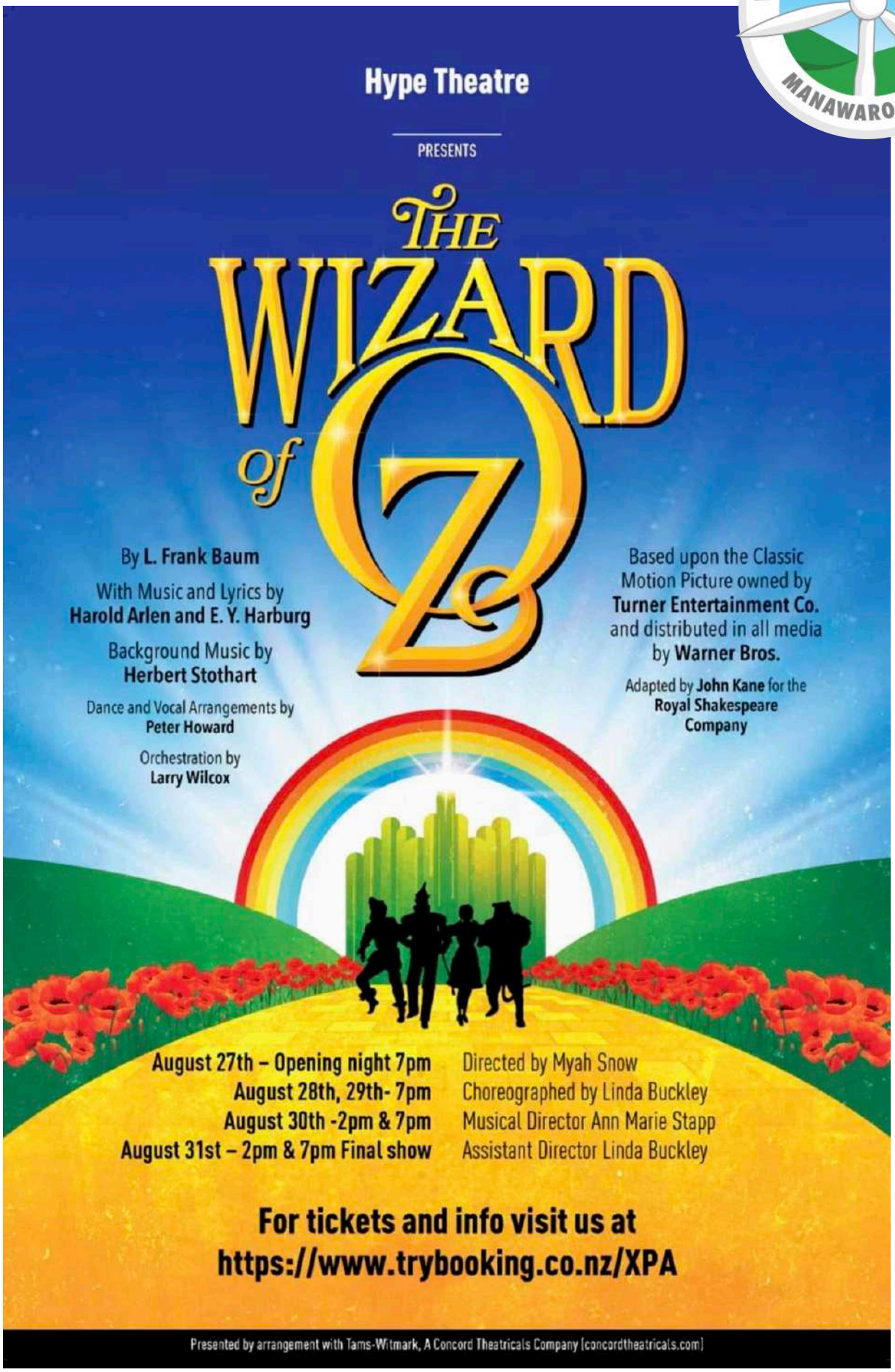
CALM tackles three broad topics: physiology of anxiety, psychology of anxiety and social foundation of anxiety.

Through the programme, parents and children will learn about:

- How their senses gather information about the world, why that information might cause anxiety, and how that sensory information can be managed.
- How their bodies generate the symptoms of anxiety and how these symptoms can be managed.
- How their minds generate thoughts that trigger anxiety and how these thoughts can be managed.
- How their social situations increase or decrease the experience of anxiety and how those social situations can be managed.

Parents and the Children will be in separate rooms for most of the programme but will come together at the end of each session.

Photography: freepik.com


Hype Theatre
PRESENTS
THE WIZARD of Oz
By L. Frank Baum
With Music and Lyrics by
Harold Arlen and E. Y. Harburg
Background Music by
Herbert Stothart
Dance and Vocal Arrangements by
Peter Howard
Orchestration by
Larry Wilcox
Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.
Adapted by John Kane for the Royal Shakespeare Company
August 27th – Opening night 7pm
August 28th, 29th- 7pm
August 30th -2pm & 7pm
August 31st – 2pm & 7pm Final show
Directed by Myah Snow
Choreographed by Linda Buckley
Musical Director Ann Marie Stapp
Assistant Director Linda Buckley
For tickets and info visit us at
https://www.trybooking.co.nz/XPA
Presented by arrangement with Tams-Witmark, A Concord Theatricals Company (concordtheatricals.com)

Scabies

Public Health Information Sheet



Scabies is a skin condition caused by a parasitic mite (a living thing). Scabies usually produces a very itchy rash.

Scabies mites

The scabies mite is so small that it cannot be seen by the naked eye. The female mite burrows under the skin and lives there. It lays eggs and leaves behind poos and chemicals that irritate the skin. The skin becomes inflamed and itchy.

The scabies mite lives on human skin, and does not live on cats, dogs or other animals. It can survive for up to 4 days on other surfaces like bedding or clothing. Most of the time mites will die if they have been off human skin for over 2 days. But if it is cold they might last up to 4 days.

Symptoms of scabies

An itchy rash usually develops between a few days and 6 weeks after a person has caught scabies. The itch mostly affects the arms, legs and trunk. It is usually worse at night or after a hot shower.

This intense itch can continue after you have been treated but this does not mean the treatment has not worked. The itch may take up to 6 or 8 weeks to stop as your body is still reacting to the mites.

The rash commonly appears between the fingers and toes, around the wrists, in the groin, around the nipples and under the armpits. It does not usually affect the face and scalp unless the person is a young child or infant.

Scratching can lead to serious skin conditions such as impetigo (school sores) and other skin infections. These complications often require treatment with antibiotics and should be seen by a Nurse or Doctor.

Keeping fingernails short and clean, good hand hygiene, and avoiding scratching can prevent skin infections developing.

You can be infected with scabies without having any symptoms.

Diagnosing scabies

Scabies is very hard to diagnose because its symptoms can vary widely between people. It can be confused with:

- allergies
- fleas
- bed bugs
- skin infections
- eczema or other skin diseases
- a reaction to a medication.

Your healthcare provider usually diagnoses scabies after examining your skin. Sometimes they might arrange for a skin scraping to be tested.

Things that could stop the treatment working

There are several things that could stop the treatment working or make it look like the treatment has not worked.

- If you do not follow all the treatment steps, you might not get rid of the scabies.
- Someone who has not been treated could reinfect the household.
- Even if the treatment worked well, the itch usually continues for up to 6 weeks. If you have completed the treatment correctly for the whole household, try to wait until the itch goes away.
- The treatment might not have worked because the diagnosis was wrong, and the rash and itch have another cause.

October 2024

Health New Zealand
Te Whatu Ora

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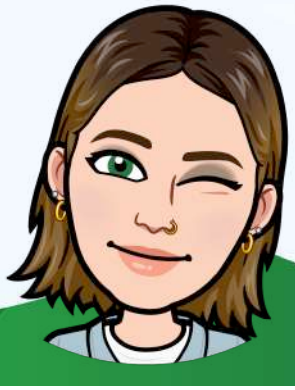

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